

Name	Days of Operation	Hours	Contact Number	Type of Assistance	Language Spoken	Borough Served
Apicha Community Health Center	Monday – Friday	10 am – 4 pm	(866) 274-2429	Over the phone Virtual In-person (appt. only)	English, Polish, Spanish, Cantonese, Language Line Interpretation available	Manhattan
Food Bank for NYC	Monday – Friday	9 am – 4:30 pm	(212) 894-8060	Over the phone	English, Spanish	Citywide
Goddard Riverside	Monday – Friday	9 am – 5 pm	(212) 234-3481	Over the phone In-person	English, Spanish, French	Citywide
JASA	Monday – Friday	9 am – 5 pm	(212) 273-5272	Over the phone Virtual In-person (appt. only)	English, Spanish Russian & all others using translation services	Manhattan
Korean Community Services of Metropolitan New York	Monday – Friday	9 am – 5 pm	(718) 939-6137	Over the phone In-person (appt. only)	English, Korean	Manhattan
LiveOn NY (Specialize in assisting older adults and people who are disabled)	Monday – Friday	9 am – 5 pm	(212) 398-5045	Over the phone Virtual In-person (appt. only)	English, Spanish	Citywide
Mercy Center	Monday – Friday	9 am – 5 pm	(718) 993-2789	Over the phone Virtual In-person (appt. only)	Spanish and English	Citywide
Met Council	Monday – Thursday	9 am – 5 pm	(212) 453-9532	Over the phone	English, Spanish	Citywide
Met Council	Friday	9 am – 2 pm	(917) 280-5694	Over the phone	English, Bengali	Citywide
Tzu Chi Foundation	Tuesday	10 am – 2 pm	(212) 965-1151	Over the phone, In-person (appt. only)	English	Manhattan
WHEDco	Monday – Friday	9 am – 5:30 pm	(718) 839-1100	Over the phone In-person Virtual	English, Spanish	Manhattan

(Revised 10/6/23)